



**DEPARTMENT OF THE ARMY**  
**HEADQUARTERS UNITED STATES ARMY TRAINING AND DOCTRINE COMMAND**  
**102 MCNAIR DRIVE**  
**FORT MONROE, VIRGINIA 23651-1047**

REPLY TO  
ATTENTION OF

ATBO-S

05 December 2005

MEMORANDUM FOR SEE DISTRIBUTION

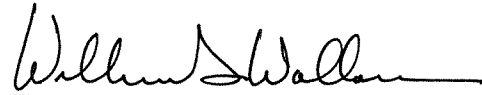
SUBJECT: TRADOC Policy Letter 4, TRADOC Suicide Prevention Policy

1. Reference AR 600-63, Army Health Promotion, 28 April 1996, chapter 5.
2. One of the greatest challenges commanders and leaders face is reducing the risk of suicide within our force. Preventing suicides and suicidal behavior is a complex challenge that requires a variety of strategies involving the entire community. When Soldiers experience a life crisis, feel alienated, isolated, and overburdened to the point they consider taking their own lives, it affects every member of the Army team.
3. It is TRADOC's policy that seeking help is a sign of strength. Tell Soldiers it is okay to seek mental health assistance. Dispel the myth that seeking mental health assistance is a career stopper, and apply this philosophy to yourself and Soldiers under your command.
4. Urge everyone in your command to look for the warning signs of stress and depression in themselves and others. When Soldiers demonstrate diminished interest in activities, depressed mood, personality changes, and/or sleep disturbance, ensure their unencumbered access to their chain of command, unit ministry teams, and medical treatment facility behavioral healthcare providers. Commanders will consult with behavioral healthcare providers when these early warning signs become evident and, if appropriate, take prompt action to refer Soldiers for assistance.
5. The stresses of military service upon Soldiers and their families can be enormous. An actively engaged, observant, and caring chain of command must be simultaneously vigilant and compassionate.

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6. This policy is effective for 2 years from the published date.



WILLIAM S. WALLACE  
General, U.S. Army  
Commanding

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